

Focus: Distance

Monday & Tuesday

Warm up:

200 Swim

4 x 75 - 25's (Back/Breast/Free)

4x (25 SLOB Kick + Odd 25 Fly/Even 25 Free)

(600)

Drill:

4 x 50 Free - w/fins

25's - Triple Switch (6 Kick + 3 Strokes)

25's - Free Rhythm Drill - "single arm pull"

(200)

Distance:

3 x 250 descend 1-3

@base +20"

1 x 250 Broken - Choice

R:10"

(75 + 75 + 50 + 50)

1 x 400 Pull (B3)

(1400)

1 x 200 Kick Choice

3 x 100 descend 1-3

@base +10"

4 x (25 Back/25 Breast/25 Free)

R:05"

1 x 200 Pull (B3)

(1000)

Cool Down:

3 x 100 Choice